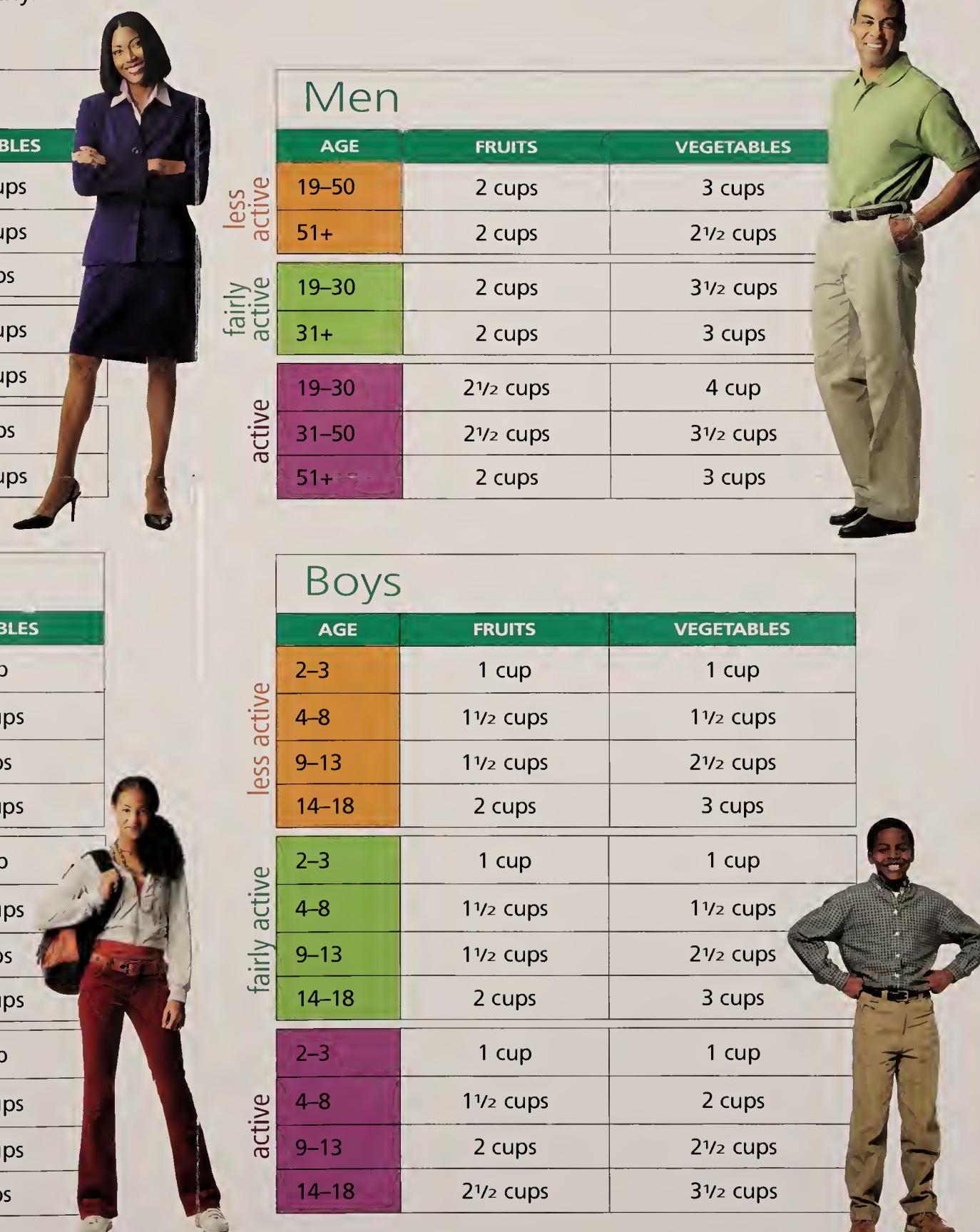


# How Many Fruits and Vegetables Do You Need?

Everybody should eat a healthy diet rich in fruits and vegetables. But most adults need to eat more than children. And men need even more than women. Over 75% of all African Americans aren't eating enough fruits and vegetables to keep them healthy.



Women			Men		
	AGE	FRUITS	AGE	FRUITS	VEGETABLES
less active	19–30	2 cups	19–50	2 cups	3 cups
	31–50	1½ cups	51+	2 cups	2½ cups
	51+	1½ cups			
fairly active	19–50	2 cups	19–30	2 cups	3½ cups
	51+	1½ cups	31+	2 cups	3 cups
active	19–50	2 cups	19–30	2½ cups	4 cup
	31–50	2 cups	31–50	2½ cups	3½ cups
	51+	2 cups	51+	2 cups	3 cups

Girls			Boys		
	AGE	FRUITS	AGE	FRUITS	VEGETABLES
less active	2–3	1 cup	2–3	1 cup	1 cup
	4–8	1 cup	4–8	1½ cups	1½ cups
	9–13	1½ cups	9–13	1½ cups	2½ cups
	14–18	1½ cups	14–18	2 cups	3 cups
fairly active	2–3	1 cup	2–3	1 cup	1 cup
	4–8	1½ cups	4–8	1½ cups	1½ cups
	9–13	1½ cups	9–13	1½ cups	2½ cups
	14–18	2 cups	14–18	2 cups	3 cups
active	2–3	1 cup	2–3	1 cup	1 cup
	4–8	1½ cups	4–8	1½ cups	2 cups
	9–13	1½ cups	9–13	2 cups	2½ cups
	14–18	2 cups	14–18	2½ cups	3½ cups

MOST AFRICAN AMERICANS NEED TO EAT MORE FRUITS AND VEGETABLES EVERY DAY



